STAND–UP PADDLEBOARDING (SUP) FULL–BODY TRAINING

GOAL: TOTAL BODY CONDITIONING   PHASE: MIXED

WARM–UP

EXERCISE	Sets	Duration	Coaching Tip
Foam Roll: Calves	1	30 s.	Alternate legs, hold tender spots for 30 seconds
Static Stretch: Lat Ball Stretch	1	30 s.	Alternate sides
Static Stretch: Kneeling Hip Flexor Stretch	1	30 s.	Alternate sides
Prisoner Squat	1	10 reps	
Foam roll and stretch the muscles that were identified as tight per your client's assessment.			
Cardio	1	5 min	

RESISTANCE

EXERCISE	Sets	Reps	Tempo	Rest	Coaching Tip
Stability Ball Chest Press	2	8–12	Slow	30 s.	
BOSU Shoulder Press	2	8–12	Slow	30 s.	
Standing Cable Row	2	8–12	Slow	30 s.	
Ball Wall Squat	2	8–12	Slow	30 s.	
Single–leg Pulldown	2	8–12	Slow	30 s.	Alternate legs
Cable Squat	2	8–12	Slow	30 s.	
Single–leg Squat to Row	2	8–12	Slow	30 s.	Alternate legs
Mountain Climbers (optional)	2	20	Fast	30–60 s.	
Surfer Pop–Ups (optional)	2	20	Medium	30–60 s.	
Complete one set of each exercise in the order listed, rest 1–2 minutes, then repeat from start. Tempos and rest duration can be modified for individual client needs.					

COOL–DOWN

EXERCISE	Sets	Duration	Coaching Tip	
Cardio (optional)	1	5–10 min		
Perform same stretches as warm–up	1	30 s.		

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In a fast-paced world fueled by information and interconnectivity, the spellbinding force of linguistics has acquired newfound prominence. Its capacity to evoke emotions, stimulate contemplation, and stimulate metamorphosis is actually astonishing. Within the pages of "**Nasm Program Design Template**," an enthralling opus penned by a very acclaimed wordsmith, readers attempt an immersive expedition to unravel the intricate significance of language and its indelible imprint on our lives. Throughout this assessment, we shall delve in to the book is central motifs, appraise its distinctive narrative style, and gauge its overarching influence on the minds of its readers.

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